

TIP OF THE

Aug. 12, 2005

SWORD

Incirlik Air Base, Turkey



Starting young

Youth center builds solid
foundation for children

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On the cover:

Brianna Dozier, 10, and Nikki McCorkle, 9, mix together ingredients for meatballs during a cooking class at the youth center. The youth center offers a range of activities throughout the year to try to fit the needs of all Incirlik's children. Membership fees for a year are \$36. Youth center members receive discounts on activities. See related article, Page 10. (Photo by Airman Dawn Duman)

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Recognizing Airmen ...

Pride in work helps quality of life

By Col. "Tip" Stinnette
 39th Air Base Wing commander

Quality of life has nothing to do with how nice your conference room is or how cosmic your cell phone is. It is not even about pay raises, which may put a few more beans in your pot but does not fundamentally alter quality of life.

When you wake up in the morning, look at yourself in the mirror, and say, "I am proud to serve in the United States Air Force." That is quality of life. When this ceases to happen, when our Airmen's DNA and fiber change and they decide to change uniforms, we have failed to understand what makes them tick.

Effective leadership gets out of the office and engages Airmen. There is no substitute for a hands-on, one-on-one approach. All levels of leadership should coach subordinates to aspire to the next level. Airmen should want to become NCOs, flight commanders should want to become squadron commanders, and so on.

If staff and technical sergeants are not talking to airmen about becoming NCOs and teaching lessons from the school of hard knocks, they are not doing their job. We all have to work retention, and we retain one Airman at a time. We need to retain our experience, not just our numbers.

Good leaders who coach and care for their Airmen have a dramatic effect on retention. Retention comes down to Airmen going home at night feeling good about who they are and the positive contributions they make, as well as knowing they are important, valued members of a team. Clearly we need to pay more attention to recognition.

Many of us remember going through the Quality Air Force movement. Although well intended, it produced some bizarre behavior for military organizations. The process became more important than the prod-



Col. "Tip" Stinnette

uct, accomplishment of the mission.

Some even misunderstood empowering subordinates to the detriment of regulations and checklist compliance. The touchstone for each of us is to do what is right. We must advocate for resources to go with taskings; communicate three levels deep: mentor, coach and lead. If we tend to the basics, all the other stuff will take care of itself and we'll have a quality team.

The product is more important than the process. But if the product is deficient we have to reexamine the process. We must develop metrics that measure what we do and then compare ourselves to a benchmark. We need to use these measures as an analytical tool to improve our product.

In reality, quality is simple: measure, compare and reward. Recognize all Airmen for their contributions, and be sure to reward superior performance. That's the stuff of pride and quality of life; the DNA of courage, conviction and communication.

The 39th Air Base Wing Public Affairs staff prepares all editorial content in the *Tip of the Sword*. The 39th ABW Public Affairs Office (Unit 7090, Box 135, APO AE 09824-5153) is located in Building 833, Room 274.
Submissions: The editor or other *Tip of the Sword* staff will edit or re-write material for clarity brevity or to conform with the Associated Press Style Guide, local policy and Air Force style as required by Air Force Instruction 35-101. Contributions for the *Tip of the Sword* can be made through e-mail to tip.sword@incirlik.af.mil. The editor can be reached at 676-6060. **Deadlines:** Submission deadlines are Wednesday, nine days, prior to publication date. If submissions are publishable, they run based on space available and priority. **Disclaimer:** The *Tip of the Sword* is printed by Kemal Matbaasi, a private firm in no way connected with the U.S. Air Force, under exclusive written agreement with the 39th Air Base Wing. This funded Air Force magazine is an authorized publication for members of the U.S. military overseas. Unless otherwise noted, photographs are Air Force photos. The *Tip of the Sword* uses information from the Armed Forces Information Service, Air Force News Service, U.S. Forces in Europe News Service and other sources. Contents of *Tip of the Sword* are not necessarily the official views of, or endorsed by, the U.S. government, Department of Defense or Department of the U.S. Air Force. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. **Contact Information:** To reach the 39th Air Base Wing Public Affairs staff, call 6-3217, fax 6-6492, e-mail tip.sword@incirlik.af.mil or stop by Building 833, Room 274.

Commander addresses Airmen's concerns

Bicyclists on base

Q: At least twice a week I see bicyclists at various locations throughout the base riding through stop signs and in most incidents the cyclist did not even slow down. I am deeply concerned for the welfare of individuals riding bikes and for vehicle operators. With the high number of base-wide bicyclists failing to stop at traffic signs, it is just a matter of time before there is a major accident with injuries, or worse.

A: Thank you for your concern. This observation presents an excellent opportunity to readdress the rules of the road as it applies to all bicyclists.

All bike riders should be aware that a bike is considered a motor vehicle as far as traffic laws are concerned. You must ride with the direction of traffic, not against, and must obey all traffic and road signs. This includes stopping at all stop signs just as if you were in your car, not merely slowing down to see if there are any other vehicles coming. In addition, bikes are made for the road or bike paths, not the sidewalks. We understand that with the high curbs some people feel more comfortable riding on the sidewalk, but those are for pedestrians only and we certainly don't want a small child or anyone else getting run over by a bicycle.

Please don't forget proper Personal Protective Equipment. This includes a securely-fastened helmet, and if riding at night or inclement weather, you need to be wearing a reflective belt. Riders should also have a headlight on the front of the bike and a reflector on the back.

Bicycle safety is a no-brainer. Just follow the same rules of the road as you would driving your car, and remember those rules are

in place for your safety as well as everyone sharing the road with you.

Gas Coupon Rates

Q: Why are we subjected to the highest gas coupon rates in U.S. Air Forces in Europe? Germany and the Netherlands current cost for 100L of "Super" (equivalent to 90 octane) only costs \$63.51. If you are stationed in Italy, you pay almost exactly the same at \$63.50 per 100L. The per-liter price for pumped gas at Incirlik is a competitive \$65.20 for 100L.

However, if you want to buy 100L of gas coupons, it will cost \$80.20. That is more than a \$15 dollar markup, or \$3.04 per gallon. Over a one-year period, the average family at Incirlik will have to pay \$360 more for gas than any other base in all of USAFE. What is the reason for this increase? Why hasn't this been advertised adequately?

The response I received from AAFES Shopette personnel was, "They told us that the markup was to discourage the selling of coupons off base." The U.S. government has spent unknown amounts of money to control gas coupons. It currently takes us 10 minutes to purchase these coupons because each booklet serial number is associated with our social security numbers and our vehicle information. Why does this process not work?

If it works, then we should reasonably know who is illegally distributing gas coupons. Therefore, the guilty party should pay for this illegal act. If it doesn't work, then we are being

See Action, Page 4

Exercise: Vaccine against real world possibility

By Col. "Tip" Stinnette
39th Air Base Wing commander

Preparation is the vaccine for the unexpected. A noncombatant evacuation order can be the result of an unexpected event such as weather or a natural disaster. Being prepared for an emergency is always the best for you and your family.

Depending on the given situation, an emergency evacuation may take several different forms. These range from a gradual and deliberate speedup of normal rotation processing to the United States, to a more urgent situation where evacuees are moved as rapidly as possible by air to safe areas elsewhere and eventually to the United States. Under an urgent evacuation, only a few hours notice may be available to get ready.

For the upcoming NEO exercise we will ask approximately 10 percent of the base civilian population to participate. Each unit NEO representative will be asked to obtain the right amount of people to represent their squadron. Participation is voluntary, but highly encouraged. This exercise is for your benefit, so we can be prepared in case

an emergency happens. We want to make this a family-focused exercise, which is why there will be ways for kids to participate and even a few door prizes handed out.

The NEO exercise will go as follows: Today there will be a town hall meeting with the NEO officer explaining what needs to be done in preparation for the NEO. Aug. 15 and 16 we will send buses around the base to designated pick-up points to transport everyone to the processing station. For your comfort, we will have the exercise processing line in the consolidated club. Altogether, it will only take a couple hours out of the day. We do not want this exercise to be stressful, but merely a way to prepare our families for a possible stressful event.

While an evacuation is unlikely, preparation will make us ready to handle the unexpected. If an emergency occurs, most military members will likely remain in-place, so family members should be prepared to evacuate by themselves. Commanders and NEO representatives will keep you informed. Understanding the process not only helps yourself, but also helps your family and neighbors. Team Incirlik ... one family, one team.

forced to subsidize an already heavily funded program directly from our wallets!

If there is a problem with illegal distribution, then where are the statistics to back up this claim? If there are no statistics or hard evidence, then there is no problem.

Someone, somewhere has made an assertion that there is a problem distributing gas coupons illegally without doing their homework to back it up. Should we allow inept unfounded assumptions to drastically impact each of our financial budgets? We have become the financial scapegoat for a broken program. What recourse do we have? Once again, why are the innocent paying for the guilty?

In a sense, we are being forced to correct a problem that we have no oversight of. In a sense, we are being "taxed" without any representation. Are we being discriminated against because of our place of origin? What is the real reason for this sudden hike in coupon prices?

A: Thank you for bringing up your concerns regarding the gas prices and the affiliated POL coupon prices. We especially like this query, because it is a great opportunity to dispel rumors surrounding gasoline coupons.

First off, we would like to state that there is no correlation between the price of the POL coupons and allegations of illegally distributing coupons. The price of gas coupons, officially referred to as POL coupons, is set by the Defense Energy Supply Center through contractual agreements with Petrol Ofisi.

DESC was forced to raise the price of gasoline coupons in Turkey June 1 to offset the higher cost of gasoline prices from Petrol Ofisi; however, AAFES did not raise the price of the coupons until July 1 to allow for time to inform the customer of the price increase.

The announcement of July's higher cost of the coupons was advertised at the Shoppette, it was briefed at the mission support group commanders' staff meeting, and the Commander's Access Channel was advised of the price increase. Unfortunately, the sales associate was incorrect; the illegal selling of gas coupons is not a consideration in the price of gasoline coupons.

Pump prices at the Shoppette are different from the price of POL coupons. The Shoppette only carries "Super Unleaded," and the price of that gasoline is set monthly based on the previous months four or five week average of the U.S. Department of Energy survey of gas prices in the United States. As such, our prices can fluctuate on a monthly basis.

In addition, each country has different incremental costs which can include costs of labor in foreign markets, depreciation of equipment, etc. The dispensing costs are reviewed annually and updated each May by the AAFES Finance and Accounting division using generally accepted accounting practices.

POL coupons and pump prices are not aligned to one another. You asked the question, "Why does it cost \$65.20 for 100L at the pump and \$80.20 for 100L of coupons?"

The price of the gas and coupons is determined by two different factors; coupons by a contractual agreement between DESC and Petrol Ofisi, and the gas pump prices by the DOE's previous monthly average and the applicable incremental costs. Again, these prices can fluctuate.

The current price at the pump is \$69.10 for 100L for "Super Unleaded," and \$80.30 for 100L of coupons.

One final note, please practice safe driving skills whether you are on the base or visiting one of the many tourist sites in Turkey.

Commander's Action Line program

The Action Line program provides an avenue for the Incirlik community to voice concerns, complaints and opinions to Col. "Tip" Stinnette, 39th Air Base Wing commander.

The program should only be used after trying to resolving the issue through the chain of command.

Submit Action Lines by e-mailing action.line@incirlik.af.mil or calling the 39th Public Affairs Office at 6-6060. Concerns are edited to 300 words or less.

Action Lines that apply to the majority of the base population may be printed in the *Tip of the Sword*.

YOUR TURN

What is your favorite part of military life?

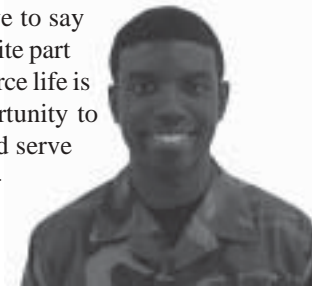
"The amazing places we've already been. There's so much that we would not have done if not for the military."

— **Melissa Kennedy**, Incirlik family member



"I have to say my favorite part of Air Force life is the opportunity to travel and serve my country."

— **Airman 1st Class Larry Reid**, 39th Communications Squadron



"The ability to live in different countries and experience different cultures."

— **Julie Bertrand**, Incirlik elementary school



"The awesome benefits. There's just so much the Air Force does to make our lifestyles better."

— **Airman 1st Class Tom Kennedy**, American Forces Network - Incirlik



To submit a question for "Your Turn," call 6-6060 or e-mail tip.sword@incirlik.af.mil

Incirlik works for good impression on newcomers

By Senior Airman Jessica Switzer
39th Air Base Wing Public Affairs

People new to Incirlik are getting the welcome mat rolled out for them as their sponsors take them out for their first meal in Turkey and their first look at the base.

With the help of Airmen from all over the base, that first look makes a lasting impression.

"First impressions are lasting ones, which is why one of the focus areas underneath the Combat Proud umbrella is Welcome Mat which specifically focuses on the front line customer service centers that a new arrival to the base encounters," said Capt. Michael Freeman, 39th Civil Engineer Squadron quality assurance flight commander.

The Welcome Mat covers a variety of places and services on Incirlik.

"Customer College and the service newcomers encounter is one part of that and the other part is top of the line facilities that leave a good first impression," said Captain Freeman. "A recently created subsection of Welcome Mat focuses on transient alert facilities and equipment which are the front line for aircraft pilots and mechanics transiting the base."

Incirlik's Combat Proud detail works the first week of each month to keep facilities and areas that do not belong to a specific unit or facility managers in tip-top shape.

"There is no rank limit," said Captain Freeman. "Anyone can participate. Typically participation is worked through squadron first sergeants who assign people to the detail."

Airmen selected for the duty have a chance to get out of the office and away from their regular duties.

"I was in the office when they were asking for volunteers for Combat Proud," said Airman Norma Jean Carlile, 39th Communications Squadron telephone systems apprentice. "I volunteered right away. It's nice to get out of the office for a few days."



Courtesy photo

The Combat Proud detail paints those facilities and walls that are not owned by any specific units or facility manager.

The detail usually runs for five days and covers everything from cleaning Incirlik roadsides of litter to painting buildings to picking unneeded communications wires and barbed wire off of fences, said Captain Freeman.

"There are larger projects funded by the U.S. Air Forces in Europe commander or the 39th Air Base Wing under the Combat Proud program," he said. "Examples of these projects are the bathrooms in building 833, the Hodja Inn reception area currently under construction and the upcoming expansion of pass and identification."

For more information on the Combat Proud program, people can call 6-PROUD or e-mail combatproud@incirlik.com.

"Either calling or e-mailing the Combat Proud contacts is the best way to start the process of submitting a project under the program," said Captain Freeman.



Photo by Senior Airman Jessica Switzer

Team safety

Col. "Tip" Stinnette, 39th Air Base Wing commander, speaks to Incirlik's military population Monday during the safety day. Safety day was a chance for commanders and Airmen to talk about safety issues and ways to overcome some of the safety risks associated with Incirlik.



Photo by Senior Airman Dallas Edwards

Ceska Price, 12, gives cookies to Megann Harlan, Incirlik family member, during the Girl Scout's bake sale Saturday.

Not just another day at camp

By Capt. Denise Burnham
39th Air Base Wing Public Affairs

Girl Scouts of the United States of America is the world's largest organization dedicated to helping all girls everywhere build character and gain skills for success in the real world, according to the organization's Web page. The Adana Neighborhood Girl Scouts here are working to meet those goals.

"The local Girl Scouts chapter is 75 girls strong, with six troops and more than 25 adults who help out with the scouts," said Kathy Shoemaker, Girl Scout leader and trainer.

"This is a phenomenal program to systematically teach the girls multiple skills through their badge work and activities," said Col. Mary Parker, 39th Maintenance Group commander and Girl Scouts military liaison.

Girl Scouts begins at age five and the beginner group is called Daisies. Brownies, the next level, encompasses first through third graders, while Juniors are fourth through sixth graders, Cadettes and Seniors are seventh through twelfth graders. Studio 2B is also an option here, which is a new group of Girl Scouts who earn charms instead of patches. It's the nontraditional Girl Scouts for girls ages 11 through 17. The girls have the option of joining either division or both at the same time.

Studio 2B Scouts have reached a level of execution where they only require brief oversight by the leader, said Col. Parker.

"Daisies learn the basics of being a scout; their whole program is geared toward learning the fundamentals. Brownies are a little older so they do crafts and projects called 'try its' that can be crafts or cooking," said Mrs. Shoemaker.

maker, who is a Girl Scouts trainer for bases in U.S. Air Forces in Europe. "Juniors actually start taking trips such as camping, visiting castles and they go bowling sometimes. When the Scouts hit Cadette and Senior level they have sleepovers and do fundraising activities and babysitting."

The Girl Scouts would not have a work area to call their own without the help of the military liaison.

"I act as the interface for the Adana Neighborhood Committee with any and all agencies on base to facilitate support for Girl Scouts at Incirlik," said Col. Parker. "My primary purpose is to ensure that Girl Scouts get the military support guaranteed by the service regulations."

From 11-years-old and up girls are eligible to attend camp that is offered twice a year in Germany—fall and spring. And in the summer months the camp is offered over a six-week period.

Since most scouts attend camp twice per year it can be taxing on parents' pockets, so the Girl Scouts also do fundraising to help offset the costs. The next upcoming camp is "Keys to Leadership" conference offered in Germany in September.

"The upcoming camp will be focusing on teaching them to be leaders later in life," said Mrs. Shoemaker.

Right now many scouts are home for the summer or attending one of the camps in Germany, but when school starts up they look forward to gearing up again. For more information about Girl Scouts, call Angella Shipman, Girl Scouts overseas committee chair, at 6-5761.

IN THE NEWS

Exercise town hall meeting

There is a noncombatant evacuation order exercise town hall meeting 3 p.m. today at the base theatre for all NEO exercise volunteers and unit NEO representatives.

Vet clinic closure

The Incirlik Veterinary Clinic is closed Monday for the noncombatant evacuation order exercise. For more information, call 6-3258.

Road closure

"A" street near Building 90 is closed from Aug. 15 through Oct. 15 to allow the storm drainage lagoon to be repaired. For more information, call Bulent Cetinel at 6-8020 or 6-6570.

Cashier's cage

The finance cashier's cage hours of operation are 9 to 11 a.m. and noon to 4 p.m. Mondays through Fridays. The check cashing limit is \$1,500 a week per family. The cashier's cage is closed on holidays and down days.

There are other places people can cash checks. The base exchange is open from 10 a.m. to 8 p.m. every day and has a check cashing limit of \$300 a day.

The cashier's cage at the club is open for check cashing for club members from 11 a.m. to 3 p.m. Mondays and Tuesdays, 11 a.m. to 7 p.m. Wednesdays through Fridays and 11 a.m. to 5 p.m. Saturdays. The check cashing limit is \$300 a day and up to \$1,500 a month. For more information, call the disbursing office at 6-3204.

Air Force Ball fundraiser

Incirlik 50th anniversary lithographs and coins are on sale every weekend until Sept. 3 at the base exchange. The funds will be used to support the Incirlik Air Force Ball in September.

AFIT opportunity

For non-rated lieutenants and captains, the National Reconnaissance Office is soliciting candidates for advanced education opportunities. For more information, call Frank DiNatale at 6-3211.

Call of the open ... track?

Runners help others improve PT scores, learn to run better

By 1st Lt. S.J.B. Bryant

39th Air Base Wing Public Affairs

*T'was the hour before sunup and all through the base,
Not a creature was stirring except those wanting to race.*

Every morning, runners can be seen trekking up and down the roads here as each individual runs for a different reason. Some do it for physical fitness, some for morning solitude and some just for the sheer fun of it.

But for every devoted runner, there are at least 10 others struggling to pass the Air Force physical fitness test much less run on a daily basis, said Capt. Justin Golart, 39th Air Base Wing executive officer and coordinator of an "Introduction to Running" class held here every Thursday at the high school track for those who are novices to running, would like to learn the basics or need to improve their Air Force physical training scores.

Captain Golart is not the only runner here to have heard the call for help and come to the rescue of fellow Team Incirlik members. Capt. Jennifer Hettinga, 39th Operations Squadron, and Senior master Sgt. Matthew Boyles, 39th Mission Support Squadron Military Personnel Flight superintendent, have been helping members of the Incirlik community improve their running skills in various ways.

"I started [the class] because I saw a lot of people really struggling with running," said Captain Golart after starting up the class two months ago. "It's tough to get better at running when you hate doing it and feel awkward and out of place on the track. So, my target audience is those who are not experienced with running. However, this class is not meant to compete with the base PT program or take the place of existing HAWC programs."

The introductory-level class introduced basic running concepts and is not for the experienced runners looking for a training group, Captain Golart said. He also began the class because he remembers how it felt to be out of place and not understand "running track etiquette."

"When I saw people failing their PT tests after running all six laps in lane three because they were afraid they'd 'be in the way,' I thought it was important to get information out to those that are brand new to running," said Captain Golart, who has been running for more than 13 years. "I'm no expert, but I have had some great coaches through the years, and I look at this class from a practical standpoint of passing the test particularly from my unit's PT perspective. My goal is to get the people who come to the class to realize that you can do a workout and not feel miserable for the rest of the day. In theory, that will encourage them to workout again the next day."

Many people do not realize that running in lane six the entire six laps means they run almost an extra quarter mile and adds time to their score, he said. Nor do they realize that stretching and cool

down should be done on the outside of the track or that walkers should use the outside lanes reserving the inside lanes for runners. These are just a few of the lessons Captain Golart teaches.

Captain Hettinga, who has been running off and on for more than 12 years, offers running plans to people who ask. She even coached her husband into a better Air Force PT score.

"It's all about starting slow and easy so you don't injure yourself or get really discouraged," said Captain Hettinga, who admits the running bug is in her blood as she draws her inspiration from her 62-year old father who still runs six to seven miles each day. "My husband has always been in pretty good shape, but when he really wanted to get better at running, he started out just walking and worked up slowly. He improved his run time by over 40 seconds, and now runs the PT test in under nine minutes."

Captain Hettinga has some advice to running novices, advice she uses daily. Focus on three key workouts a week — a speed workout, a tempo run (relatively short and fast), and a long run, but never on consecutive days. And always give the body a rest after a hard workout.

"Running also helps me clear my mind and refocus on what's really important—a lot of my runs are good prayer time," she said. "Running and other cardiovascular fitness activities keep all of us in better physical health, which means we're more mission-ready. Running also improves my emotional and spiritual health—it provides great stress relief and time to think and pray."

Sergeant Boyles began running when he joined the military more than 17 years ago admitting he did it then only so he could eat what he wanted without weight gain. He now runs with others to help them improve their fitness training and to motivate Team Incirlik members.

"I run now as a stress reliever, to ensure I am combat ready, and yes to eat what I want," he said. "I run with all my squadron during their PT test to help motivate them and to just let them know they are doing great and can make it because a little support goes a long way. It makes me proud when people ask me to run with them."

"Being healthy and fit in today's Air Force is a top priority since our number one resource is our people," he continued, echoing the opinions of top Air Force leadership as well as Incirlik senior leaders. "Being healthy and fit will ensure our people are ready for anything at all times, physically and mentally."

However, there is one obstacle Sergeant Boyles faces — the mindset from many that the three days of mandatory squadron physical conditioning is good enough. It is not, he said. It is a baseline. To be better runners and improve the PT score, he said a person needs to take those three days and add more exercise to it.

All three agree one thing — they love introducing others to running and motivate them into maxing the PT test. So, if you hear the call of the open track or just need running support — ask.



Combat Fitness isn't just about the test. It's about maintaining a culture of health and fitness. If we do this, we'll pass the test. U.S. Air Forces in Europe units are now conducting safe and effective

unit physical training. Combat Fitness is one of twelve USAFE "Combat and Special Interest Programs" that provide for the training, morale, health and fitness of USAFE personnel and their family members in preparation to maintain and sustain required readiness levels.

Spinal 'pit crew' keeps Incirlik fit to fight

By Senior Airman Stephanie Hammer
39th Air Base Wing Public Affairs

For those who work as part of the pit crew for a race car, there is almost nothing more rewarding than helping service a fast car capable of winning races. And when the car wins a race, the team often smiles and admits the hard work and long hours paid off.

The same is true for the crew who helps service the spines of members of Team Incirlik, according to Maj. Laura Fields, 39th Medical Squadron physical medicine officer in charge.

"The body is just like a car," she said. "If the tire is flat, you fix it so the car's frame is in proper alignment and won't break down. And we're like the pit crew who keeps the car, your body, in good condition."

The mission of physical medicine is to maximize mission readiness by helping keep everyone fit to fight.

"If your body is not in good asymmetrical alignment, you're an accident waiting to happen," said Major Fields. "Anybody who does anything physical is going to be at a higher risk for injuries, especially if your body is out of alignment."

When the physical symptoms of the body being out of alignment start to appear, such as back pain, Major Fields said it is important people do not wait two to three days to seek help. They should see her right away to start getting their bodies back on track.

But even more important than seeking help right away is preventing injuries in the first place, she said. One way she helps people stop problems before they start is making "house calls" to squadrons to talk to people about screening to identify problems. She also teaches physical training leaders the most recent, evidence-based practices for warm-ups and stretching to prevent injuries.

"This information isn't useful to just pallet pushers," said Major Fields. "Everyone with a spine needs this information."

Major Susan Airola-Skully, 39th Mission Support Squadron commander agrees.

"Most of the folks in MSS serve customers from a desk and do a lot of repetitive motion tasks," she said. "Our health issues come from not having enough lifting or hard labor tasks built into our work day. Sitting at a computer several hours a day, especially with bad posture, contributes to a host of back, disc, neck and shoulder issues."

To combat these problems, Major Airola-Skully invited Major Fields to discuss back and spinal health with the 39th MSS personnel.

"The Air Force focus has increased on physical fitness and overall wellness, and I was looking for information on helping us transition from a fairly sedentary unit to a physically fit one," she said.

"She showed us easy-to-do stretches designed to stretch the body without stressing the back and exercises that are good for your lower back."

Regardless of squadron or duty title, Major Airola-Skully said all military members in the Air Force have to meet the same physical fitness standards.

"That means we all have to use common sense and safe practices during PT and during our day-to-day activities," she said. "Anyone can benefit from expert advice."

"In the end, we all need to be able to do our jobs without breaking down," said Major Fields.

Physical medicine offers direct patient access Mondays through Fridays from 8 a.m. to 5 p.m. For more information, call the physical medicine staff at 6-6700.

Good to know

Below are a few stretches that, when performed correctly, can help prevent an injury to the spine



Staff Sgt. Eric Hernandez, 39th Communications Squadron computer security manager, demonstrates how to stretch the abdominals, hips and chest. This is called the press up.



Sergeant Hernandez demonstrates the proper way to stretch out the lower back and hips. This is called the layover stretch. These stretches can prevent serious and minor injuries.



Ask MEHMET

By Mehmet Birbiri, *Host Nation Adviser*

Spicin' it up

Question: Mehmet, I know Turkey is one of those countries you can find plenty of spices. Where can I get spices in Adana? Secondly, to tell you the truth, I don't know what those spices are, what they look like and how they are used.

Response: There are all kinds of herbs and spices in Turkey, and they are used very widely. Most spices can be found in the spice section of the M1 Real and Carrefour SA shopping malls. Also, there are some shops in old Adana that specialize in herbs and spices called "cerci" (cher-chee).

Below is a list of spices and aromatic herbs compiled from mymerhaba.com Web site that are common in Turkey. The Turkish spice name is included in parenthesis after it's American name.

Allspice (Yenibahar): It is a dried, unripe berry. It tastes like a mixture of cinnamon, nutmeg and cloves. Allspice complements beef, pork, chicken, sausages, meatballs and various cakes and stewed fruit. It is effective against constipation.

Aniseed (Anason): The seeds are used widely in cooking. The "oil of anise" is often used in artificial licorice and gives its distinctive taste to liquors. Anise is used in many processed foods and cough medicine.

Basil (Feslegen): Basil is a herb strongly associated with Italian cooking. It complements tomatoes (cooked or as a salad), green vegetables, salads, soups, eggs, fish, cheese, lamb, pizza and pasta sauces.

Bay leaves (Defne): Bay leaves add extra flavor to stew, casseroles, minced meat dishes, fish poultry and some kinds of pickles.

Black pepper (Karabiber): Black pepper is obtained from the unripe green berries of a tropical vine, which become black when they are dried in the sun. They have a warm, pungent nutmeg flavor and a hot, biting taste. You can sprinkle it into dishes at the end of cooking or at the table. Freshly ground pepper is more aromatic than packaged powders.

Celery powder (Kereviz tozu): Used in

pickling vegetables, salad dressings, soups, sauces and tomatoes.

Cinnamon (Tarcin): Cinnamon is the peeled and curled inner bark of a tropical evergreen tree. It has a warm, sweet, woody aroma. Cinnamon in powder form is used in baked dishes, with fruits, some cakes, biscuits, puddings and in some beverages such as boza and salep.

Cloves (Karanfil): Cloves are the dried buds of a small evergreen tree. They have a strong and sweet pungent flavor. It is either used in grains, or ground and used to season stewed fruit, sweets, sorbets, cakes and ice cream. It is also used together with onions in some meat dishes.

Coriander seed (Kisnis): Coriander seed has a mild, sweet, slightly pungent, citrus-like flavor and complements pork, curries, Middle Eastern dishes, vegetables, stewed fruit, chutney, pickles, cakes, biscuits and lentils.

Cress (Tere): The leaves of cress are usually eaten fresh, used to make salads or decorate service plates.

Cumin (Kimyon): Cumin is usually used in ground form with meatballs and some meat dishes.

Currant (Kusuzumu): It looks like miniature grapes. The dried berries are used in pilav, dolma (stuffed pepper, grape leaves, cabbage) and in some puddings.

Dill (Dere otu): Dill is the favorite fresh herb after parsley. It is used in salad variations and dishes with olive oil. It is used to flavor baby cucumbers in pickling. Dill is an excellent herb for digestive problems and to relieve mild bowel disorders in general.

Funnel-black cumin (Corek otu): It looks like black sesame seeds. It is used over some biscuits and breads during the baking process. It can also be used in salads.

Garden Rocket (Roka): It is usually used for salad fish, either grilled or fried. Rocket is also used in decorating plates.

Ginger (Zencefil): Ginger is one of the most popular of the hot-tasting spices and is obtained from the root of a plant, which is indigenous to southern China. It is usually used in sorbet, soft drinks and liquor.

Mahaleb (Mahlep): It is the kernel of a species of wild cherry, which grows everywhere in Turkey and has an almond and slightly bitter taste. It is used to flavor pastries, cakes and puddings.

Mint (Nane): Classified as a carminative herb, peppermint has been used as a general digestive aid and for the treatment of indigestion and intestinal colic. Mint has a strong refreshing flavor, which adds an extra

dimension to both sweet and savory dishes. Mint complements lamb, veal, new potatoes, peas, vegetables, salads, tomatoes, soups, jelly and fresh fruits.

Onion salt (Sogan tozu): It is obtained from fresh onion, which is dried with a special process. It is used on hamburgers, steak, chicken, pork and seafood before grilling or broiling. You can also add to spaghetti sauce, marinades, oil and vinegar dressings, or mix into salads and meat loaf.

Paprika-hot (Pul kirmizi biber): Paprika is a deep red, slightly earthy flavored spice made from the dried hot pepper. Paprika complements-pork, chicken, veal, vegetables, potatoes, cheese and egg dishes.

Paprika powder (Toz kirmizi biber): It is a deep red spice made from the dried and ground sweet and hot fresh pepper. It complements chicken, veal, vegetables, potatoes, and egg dishes and in most dishes in Southern and South Eastern Turkey.

Parsley (Maydanos): Parsley is probably the most popular and versatile herb available. It has a very mild, fresh flavor. Parsley complements lamb, chicken, ham, casseroles, fish, vegetables, salads, egg and cheese dishes, soups and sauces.

Pine nut (Cam fistigi): Especially used in preparing the stuffing the dolma dishes (Stuffed grape leaves, pepper, and cabbage).

Rosemary (Biberiye): Rosemary is the small, hard, needle-shaped leaf of a small evergreen shrub. It has a distinctive pinewood aroma and a strong bittersweet flavor. Rosemary complements lamb, pork, chicken, oily fish, game, tomato sauce, vegetable, soups marinades.

Saffron (Safran): saffron has a unique and distinctively pungent, honey like flavor and aroma and gives a yellow color to the dish when added. It is used on rice, chicken, some fish and seafood and on puddings and rice puddings. "Zerde" is a Turkish rice pudding made with saffron.

Sage (Ada cayi): The leaves of this very common kitchen herb are used in medicine as well as in cooking. It is mostly grown in the Aegean region. Sage is very commonly brewed like tea. Its strong, fresh flavor makes it a popular culinary herb, but it has always been well known for its medicinal properties. Sage complements pasta, pork, veal, game, poultry, sausages, vegetables, salads, stuffing, and coatings.

Do you have a question about something Turkish? Ask Mehmet. To submit a question, call 6-6060 or e-mail mehmet.birbiri@incirlik.af.mil.



GSU Highlight: Yumurtalik Petroleum Fuel Station

The Yumurtalik Petroleum Fuel Station is a geographically separated unit of the 39th Air Base Wing.

Mission: Offload jet fuel from shipping tankers and transfer it by an underground pipeline. This provides Incirlik with an alternative source of jet fuel.

Strategic importance and location: The station is located in southern Turkey approximately 26 miles southeast of Incirlik on the Mediterranean coast. Yumurtalik Nature Reserve covers an area of 16,430 hectares and is within the Seyhan-Ceyhan delta which, with its lakes and lagoons, hosts a variety of plant and animal species. The area is an important

location for many species of migrating birds.

History: The station was built in 1953 and has been in operation since 1954. At one time the station time provided the primary source of jet fuel required to sustain the mission of the 39th ABW and the Combined Task Force during Operation Iraqi Freedom.

Youth center builds solid foundation for children

By Myles Hayes

39th Air Base Wing Public Affairs

Imagine living in a house with only two little tree branches holding it up. A swift breeze would certainly put the house in bad shape and may even knock it over. When houses are built the foundation or base of the house is built first. This gives the house stability and strength to withstand obstacles such as a swift wind.

The youth center helps build this foundation for children so they can survive in the world and take the big blows that life delivers.

"The mission of the youth center is making a good citizen who is active in the community, has a wide variety of interest and will explore those interests," said Jeanne Gooch, youth center director.

"I like to play video games at the youth center," said A.J. Grimmage, 9.

The youth center offers a range of different activities yearly that try to fit the needs and wants of the children according to Ms. Gooch.

"Boys and Girls club activities are offered all year long. From sports to getting the children ready for college all are based on the children's interests," she added.

This month many new activities are being installed in the youth center program. Drama, billiards, photography and public speaking are new clubs that preteens and teens can get involve in. The youth center is also hosting an "amazing race," scavenger hunt and a back to school bash including a talent contest.

"Overall we have good participation in all of our events and the numbers are increasing," said Ms. Gooch.

Anyone is qualified to become a member of the youth center. Annual passes are only \$36 and membership gives you discounts on all the activities that the youth center hosts.

"The youth center offers community service and an outlet for



Photo by Airman Dawn Duman

Nikke McCorkle, 9, pours breadcrumbs into a meatball mix during a cooking class at the youth center.

children to talk about what they need. There is a good relationship between children and staff members," she said.

Open recreation summer hours are from 1:30 p.m. to 8 p.m. and during school hours are from 2:30 p.m. to 8 p.m. For more information, call the youth center at 6-6670.

THE INCIRLIK GUIDE

Youth center happenings

The youth center is hosting several events throughout the month of August: an "amazing race," scavenger hunt and others. There are also on-going classes and workshops available for children.

The "fear factor" challenge is 7 p.m. Wednesday for all teens and preteens. The cost is \$5 for members and \$7 for non-members.

The back to school lock-in is 10 p.m. to 7 a.m. Aug. 19 and 20. The lock-in is open to all teens and preteens. Cost is \$20 for youth center members and \$25 for non-members. For more information, call 6-3256.

PADI scuba

Professional Association of Driving Instructors is offering a variety of classes and course dates are flexible. For more information, call 6-6044.

Golf trip

The golf course is sponsoring a Golf Trip Sept. 2-5. Round trip transportation, hotel and breakfast and dinner included. \$290 single room, \$240 Double room (per person), sign up by Aug. 19. For more information, call 6-8995.

Adoption day

Pets are Worth Saving is holding an adoption day from 10 a.m. to 7 p.m. Aug. 27 in front of the base exchange. For more information, call Stacey Moore at 6-5932 or e-mail at stacey.moore@incirlik.af.mil.

Girl Scout camp

The Girl Scouts of the North Atlantic offers a camp for all girls ages 11 to 17 in Heidleberg, Germany. Incirlik has room for six girls to attend this camp. For more information, call Kathy Shoemaker at 6-5108 or e-mail at Kathy.shoemaker@incirlik.af.mil.

Intramural bowling

Intramural bowling starts Sept. 13 and 14. For more information or to join the league, call Ken Williams at 6-6782 or Clifford Sowder at 6-1088.

WARRIOR OF THE WEEK



Airman 1st Class Ashley Fears
39th Communications Squadron
commander's support staff

Time in service: Two years

Hometown: San Diego, Calif.

Time on station: 17 months

Hobbies: Reading, playing softball and scrapbooking

Why did you join the Air Force?

I wasn't quite sure what to do after high school so I thought 'why not join the Air Force for an enlistment so that I have more

time and opportunity to learn about myself and who I want to be?"

What do you like the most about Incirlik?

I like the opportunities I have to travel.

How do you contribute to the mission?

I shoulder the majority of administrative taskings that come into the 39th Communications Squadron. This enables the 39th CS to meet the ever increasing group and wing demands.

What is your favorite motto and why?

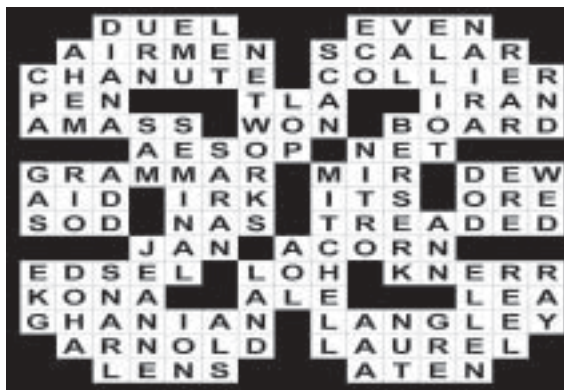
"Fake it 'til you make it." I love this saying because there are times in your life when you will be challenged and you will have no idea how to approach it. If you just jump in and do your best you will find your way to the end and probably learn a few things along the way.

What Air Force core value best describes you and why?

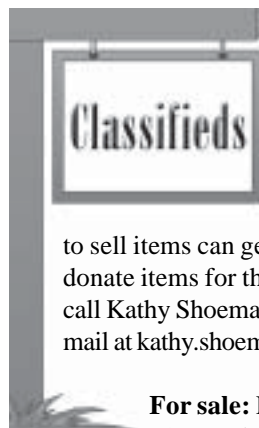
"Integrity first." To me it's the most important because if you do not have integrity how can you be happy with yourself?

Supervisor's quote:

"Airman Fears stepped up when we needed her most," said Chief Master Sgt. Charles Spase, 39th CS superintendent. "She jumped into a job that was outside her career field and made it her own."



This is the solution for the crossword published in the Aug. 5 *Tip of the Sword*. Crossword puzzles are published in the first *Tip of the Sword* edition of every month. For more information, call 6-6060 or e-mail the *Tip of the Sword* at tip.sword@incirlik.af.mil



Garage sale: The Incirlik Girl Scouts are having a garage sale from 8 a.m. to noon Aug. 27 at building 999. People who wish

to sell items can get a table for \$10. To donate items for the Girl Scouts to sell, call Kathy Shoemaker at 6-5108 or e-mail at kathy.shoemaker@incirlik.af.mil.

For sale: Female Doberman. 18 months old, all shots

current. Housebroken, children friendly, not fixed. \$1,000 OBO to a good home. For more information, call Charlie at 05448538825.

For sale: 2004 VW Jetta 1.8T, Auto/tiptronic trans, power everything, sunroof, tinted windows, 16K miles. Asking for \$22,000 OBO. For more information, call 6-5198.

For sale: JVC 65 inch projection T.V. One year old, like new. Asking for \$1,500. For more information, call 6-2025.

Free to a good home: Tan German boxer, 9 months old, great with children. For more information, call Antonio at 6-8979 or 6-2304.

Position available: A laboratory technician is needed for research and study. Experience preferred in microbiology. Hours are flexible. For more information, call Kathy Shoemaker at 6-8673.

COMBAT, SPECIAL INTEREST PROGRAM

Combat Education

Embry-Riddle Aeronautical University registration for MGMT 410, MATH 106, ASCI 405 and MGMT 427 is going on now. For course date and times or for more information, call 6-1098.

Project Wizard

The **Book Club in a Box** program has 10 copies of the same book, discussion questions and tips for running a book club.

The **Online Book Club** allows people to receive a portion of a book each day through e-mail. For more information, call the library at 6-6759.

Combat Touch happenings

Vacation Bible School is 9 a.m. Monday through Aug. 19 in the Chapel annex, for children 4th to 6th grade. For more information, call 6-6441.

Personal checks written to the chapel require the sponsor's social security number on them, effective immediately. For more information call 6-6441.

Mid-week Bible Study is 6:30 p.m. Wednesdays in the Chapel Annex. For more information, call 6-2188.

Intercessory prayer group is 8 a.m. Saturdays at the chapel. For more information, call 6-2188.

The **Crossroads Café** is closed this weekend. For information, call 6-6441.

Hours for **Sunday worship services** at the base chapel in building 945 are:

Protestant:

8 a.m. – Traditional worship service
11:15 a.m. – Gospel worship service
6 p.m. – Contemporary service

Catholic:

9 a.m. – Reconciliation
9:30 a.m. – Mass
Daily Mass is 11:30 a.m. Tuesdays through Fridays.

The chapel also has points of contact for Jewish, Wiccan and Jehovah's Witness. For these and any other faiths, call the base chapel at 6-6441.



Photo by Senior Airman Jessica Switzer

Pondering the possibilities

Brianna Dozier, 10, Ian Shaheen, 8, and Austin Moore, 9, pore over the clues on display at the performance of D.M. Bocaz-Larson's *"The Romanian Uranium Mystery"* Sunday at the community activity center in honor of National Kids Day.



AT THE OASIS

Today

7 p.m. – The Longest Yard (R) – Starring Adam Sandler and Chris Rock. When a messy drunk driving incident lands Paul Crewe in jail, he finds he was specifically requested by Warden Hazen, a prison official well aware of Paul's athletic skills. Paul is assigned the task of assembling a team of convicts, to square off in a big football game against the guards. (104 minutes)

9:15 p.m. – Crash (R) – Starring Sandra Bullock and Don Cheadle. A variety of different people and personalities all live in Los Angeles, and, in the next 36 hours, they will all collide. (100 minutes)

Saturday

5 p.m. – Kicking and Screaming (PG) – Starring Will Ferrell and Robert Duvall. Phil had to put up all his life with his overly competitive father, Buck. When Phil decides to coach his 10-year-old son's soccer team, he goes head-to-head for the league championship against Buck. (96 minutes)

7:30 p.m. – Batman Begins (PG-13) –

Starring Christian Bale and Ken Watanabe. The origins of the Batman legend and the Dark Knight's emergence as a force for good in Gotham. (134 minutes)

Sunday

7 p.m. – Batman Begins (PG-13) – Starring Christian Bale and Ken Watanabe. (134 minutes)

Thursday

7 p.m. – Batman Begins (PG-13) – Starring Christian Bale and Ken Watanabe. (134 minutes)

AT THE M1

Land of the Dead (R) — 12:15 a.m., 2:15 p.m., 4:15 p.m., 6:45 p.m., and 9 p.m. (93 minutes)

War of the Worlds (PG-13) — 11:30 a.m., 1:45 p.m., 4 p.m., 6:45 p.m. and 9 p.m. (116 minutes)

Movie listings are subject to changes. On-base listings are courtesy of the Army and Air Force Exchange Service Web site at <http://www.aafes.com/ems/euro/incirlik.htm>; M-1 listings are courtesy of Tepe Cinemaxx. For more Oasis information and updates, call the movie recording at 6-6986 or the theater office at 6-9140.